



Coach: Academy Coaches

Team/Age Group: U10-U12-U14

Session No: Possession One (1)

Session Aims/Objective

A Practice designed to improve players Possession 4v2 with transition to 4v2

Coach to improve...

- Possession practice to improve players passing, movement and decision making

<p>Time 10min</p>		<p>Warm up: (<i>RONDO's while waiting for players</i>) A practice designed to warm players up for a game/session with an emphasis on passing and movement. The Magic Small Square-Tricks, Turns and Moves: Step-over, Half & Full Cross-over, Drag-Back, Cruyff Turn, Rolla-coaster</p>
<p>Drill 15min Area: 20x20 Middle Zone 10x20</p>		<ul style="list-style-type: none"> • Blue's keep possession of ball in a 4v2 for 5 passes then look to play forward at earliest opportunity. • 2 Orange Hunt the ball to gave possession. • Other 2 Orange REST in middle area.. • As ball goes into opposite possession zone, the Orange 2 players in the middle move in to zone to apply pressure, the 2 other Orange players now become screening players Middle. • If the Orange Players win Possession they transfer the ball over to the other Zone- the Team that lost possession no go to hunt ball
<p>Match 20min</p>	<p>Match: 4v4 Formation GK-2-1 Match: 5v5 Formation GK-1-2-1 (Diamond) Match: 6v6 Formation GK-1-3-1 (Diamond with No6)</p>	<p>Match: 7v7 Formation GK-3-2-1 Match: 8v8 Formation GK-3-2-2 Match: 9v9 Formation GK-3-2-3</p>
<p>Action Points/Notes: 4v2 Transfer of Possession</p> <ul style="list-style-type: none"> • Quality of pass – pace, weight and accuracy • Individual movement to receive pass, open body shape, looking to play forward. • Pass to feet or space? Let players make decisions • Passing triangles – always at least two options for player on the ball • Communication between players • Quick Transitions important for both teams 		